

Spring 2008

The *School Food Services News* is published three times per year (fall, winter and spring) and is available on the School Food Services Web page.

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Click here to contact our staff:

<http://www.dese.mo.gov/divadm/food/staff.html>



Direct Certification Requirements

The Reauthorization Act of 2004 requires that by the 2008-2009 school year, all LEAs in the National School Lunch Program must implement Direct Certification. Direct Certification simply means that children from families approved to receive food stamps or temporary assistance may be automatically approved to receive free meals (for both breakfast and lunch) without having to complete an application. This process was designed to simplify the application procedure for families, increase participation by eligible children and reduce paperwork at the LEA level.

In implementing this process, the State Agency has entered into an agreement with the Department of Social Services to obtain the necessary basic information (names and additional identifying information) of all children in Missouri ages 3-19. This list will be current every year at the beginning of July and may be used to certify eligible children for free meals at the beginning of each school year. Visit <http://dese.mo.gov/divadm/food/Handbooks.htm> for further information regarding Direct Certification.

National School Lunch Week 2008

Vote for School Lunch '08 – Presidential Edition is this year's theme for National School Lunch Week, which is scheduled for Oct. 13-17. For the past two years, students have had the chance to vote for their favorite entrées.

Beginning in August, students can visit <http://www.voteforschoollunch.org> to cast their vote for this year's candidates. LEAs may also distribute paper ballots, calculate the totals and report the results online. The School Nutrition Association must receive any paper ballots by Oct. 22.

The choices for this year are Larry Lasagna, Gloria Grilled Cheese, Petunia Pita Pocket, Biff Burger and Pete Pizza. For ideas and more information about National School Lunch Week 2008, go to <http://www.schoolnutrition.org>.



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MISSOURI DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION

"Making a positive difference through education and service"

Whole Grains

Preparing whole grains in popular products like pizza crust, breads and rolls, hamburger buns, pasta, and mixed dishes such as meatballs and breakfast foods can aid in introducing whole grain products to your students. Items such as whole grain spaghetti and whole grain rotini will be available soon on your open order commodities at <http://dese.mo.gov/divadm/food/CommoditiesIndex.html>.



How do you determine if a product is made with whole grains or not? Read the ingredient statement. Manufacturers must list ingredients in descending order by weight. Look for products that list whole grains first. Some ways to identify whole grains are:

- Some whole grains have a standard of identity and do not include the word whole, such as cracked wheat, crushed wheat and graham flour.
- The terms berries and groats indicate a whole, unrefined grain – for example, rye berries or buckwheat groats.
- Rolled oats, oatmeal, brown rice, brown rice flour and wild rice are also whole grains.

National School Breakfast Week 2009



Power Up with School Breakfast is the theme for the next National School Breakfast Week, which will be March 2-6, 2009. The 2009 NSBW will emphasize

starting a student's morning with breakfast to fuel the day's imagination and learning potential. Materials for the campaign will soon be available at <http://www.schoolbreakfast.org>.

Missouri Eat Smart Guidelines

The second edition of the Missouri Eat Smart Guidelines will be introduced this summer. An Exemplary category will be added to the existing Intermediate and Advanced categories. Watch the School Food Services Web site at <http://dese.mo.gov/divadm/food> for the new guidelines.

Reward Your Employees During Child Nutrition Employee Appreciation Week

Reward those who work hard for children everyday



This year, May 5-9 has been designated as Child Nutrition Employee Appreciation Week. This is a great opportunity to show appreciation for those who work with child nutrition programs. Suggestions for recognizing these important people and their outstanding commitment to children can be found at <http://www.schoolnutrition.org/cneaw>.

Vended Meals (Meals Prepared Off-site and Brought to the LEA)

If your school has meals prepared by a food service company and brought to school, you need to have a vended meals contract. Please call School Food Services at (573) 751-7664 for further information regarding proper procurement procedures for the state of Missouri.

Percentage of Menu-Planning Options in Missouri Schools

- Traditional Food Based Menu Planning (TFBMP) – 35 percent
- Enhanced Food Based Menu Planning (EFBMP) – 13 percent
- Nutrient Standard Menu Planning (NSMP) – 52 percent

2008 Breakfast Awards

With the 2008 Breakfast Awards, the Midwest Dairy Council and St. Louis District Dairy Council are each recognizing schools in Missouri that bring breakfast to students in creative ways with great results. A total of \$6,000 will be awarded to the top three schools that offer a creative alternate breakfast service in order to help expand their breakfast programs.

The benefits children receive from eating a nutritious breakfast are numerous and well-documented. Eating breakfast yields better test scores, increases concentration and attendance, decreases disciplinary problems, and more. Many schools recognize this opportunity and offer breakfast in the cafeteria. But, there's an even better way to bring breakfast to children – using alternate breakfast-service options. Offering breakfast in the classroom or outside of the cafeteria increases participation by providing service to children who arrive late or prefer to socialize rather than eat, and by helping to remove the potential social stigma that the program is meant for students from low-income families.

Any school (elementary through high school) that offers a breakfast service or expanded breakfast options is encouraged to enter. More than one school in a district may apply. For additional information, please contact your local dairy council representative. In western Missouri, visit the Midwest Dairy Council Web site at <http://www.midwestdairy.com>. In central and eastern Missouri, visit the St. Louis District Dairy Council Web site at <http://www.stldairycouncil.org>. The application deadline is Nov. 14; awards will be announced Dec. 15.



MSNA Web Site

The School Food Services Web site is linked to the Missouri School Nutrition Association (MSNA) (formerly known as Missouri School Food Service Association, or MSFSA) Web site. Check Additional Sites of Interest at the bottom of our home page. For more information about MSNA, logon to <http://www.msfsa.net>.

National Food Service Management Institute

Every year the National Food Service Management Institute (NFSMI) presents satellite seminars in April and October and live interactive teleconferences in January and August. Check the link on our home page under Additional Sites of Interest. The NFSMI Web address is <http://www.nfsmi.org>. Click on Educational Opportunities for satellite seminar information.

Resource Materials

Check out the newest resource information under our Resource button at <http://www.dese.mo.gov/divadm/food>:

- St. Louis Dairy Council
- Midwest Dairy Association
- Missouri Coordinated School Health Coalition

Feeding Children in the Summer

There are three options for feeding children in the summer: the National School Lunch Program (NSLP) and School Breakfast Program (SBP), the Seamless Summer Option, and the Summer Food Service Program (SFSP). For more information, visit <http://dese.mo.gov/divadm/food>.



Summer 2008 Training

Remember to register for the School Food Services 2008 Summer Training. You may choose from the following locations: Jefferson City (July 8), Cape Girardeau (July 16), St. Louis (July 17), Kansas City (July 29 or 30), Joplin (Aug. 5) or Springfield (Aug. 6). Participants may select up to three different classes from the following topics:

Records Class, Math in the Kitchen, Getting Better – Local Wellness Policies in Action, Donated Foods: What You Need to Know About Commodities, What's New About Eat Smart Guidelines?, and Extreme Breakfast. The workshop brochure is available online at <http://desse.mo.gov/divadm/food> (click on 2008 Summer Workshop Information). The registration deadline is May 23; space is limited.



Missouri School Nutrition Association Annual Conference

The 2008 MSNA Annual Conference will be June 9-11 at the Lodge of Four Seasons in Lake Ozark. Seasons of Knowledge is this year's theme. For more information and to register online, go to <http://www.msna.net>.

School Nutrition Association's Annual Conference

This year's SNA national conference will be July 20-23 in Philadelphia, Pa., at the Pennsylvania Convention Center. The conference will offer more than 80 educational sessions on key topics such as professional skill building, program administration and wellness. For more information, visit <http://www.schoolnutrition.org>.

Going Green with Recyclable Plastic Milk Bottles

Recently, you've probably heard people talking about "going green." School nutrition can take a leadership role in protecting the environment. Doing so is as simple as serving milk in plastic bottles and recycling the bottles, which could be the one item that will create the critical mass needed to have a recycling company work with your district at little or no cost. While recycling the packaging helps the environment, the milk inside (with its nine essential nutrients) benefits kids. Offering students ice-cold milk in lots of flavors and in kid-friendly packaging makes milk cool and much more popular. Currently, more than 9,200 schools (serving more than 5.5 million students)

Did you know that recycling one ton of plastic bottles saves enough energy equal to 200 gallons of gasoline? Or, that plastic bottle recycling saves half the energy needed to make products from new resin? That's not all – recycling plastic bottles saves landfill space and lowers greenhouse-gas emissions into our air.



are experiencing increases in milk sales from 10-50 percent. To learn more about serving milk in plastic bottles and setting up a recycling program, visit <http://www.nutritionexplorations.org>. Or, contact your local dairy council representative – in the western Missouri area, visit <http://www.midwestdairy.com>; in the central and eastern areas, visit <http://www.stldairyCouncil.org>.

